

EL MORRO

Vol. 42 No. 8

Fort Buchanan, Puerto Rico www.buchanan.army.mil

August 2007

New citizens sworn in

Marc McCormick
El Morro

A dream of millions became reality when 100 people took the oath of American citizenship July 12. Dissected, it was a curious insight into a ceremony has been performed hundreds of times.

The swearing-in was held in an old Spanish fort, the Pledge of Allegiance by the son of a Philippine immigrant, to groups ranging from Chinese to Vietnamese on an American territorial island. That's the diagram.

*"Dreams take up a lot of space?"
"All you'll give them."*

Blue Highways by William Least Heat Moon, pg. 22.

The special naturalization program took place in the plaza of Puerto Rico's Castillo de San Cristobal Fortress. Built in 1783, San Cristobal was one of a series of fortifications protecting San Juan.

People representing Argentina, Chile, China, Colombia, Cuba, Dominican Republic, Ecuador, El Salvador, France, Honduras, Mexico, Panama, Peru, Spain, St. Lucia, St. Vincent, Venezuela, and Vietnam gathered in front of a huge American flag to take the Oath of Citizenship which would make them American citizens.

The Commanding Officer of Fort Buchanan, Col. Edwin C. Domingo led the new citizens in reciting the Pledge of Allegiance.

Domingo's father himself is an immigrant coming to the United States in 1967



Marc McCormick
Col. Edwin C. Domingo, commanding officer, Fort Buchanan, led new citizens in the recitation of the Pledge of Allegiance at San Cristobal Fortress.

and eventually becoming a citizen.

The speaker for the event was Berita December from St. Lucia. Her two daughters were born in Puerto Rico.

There was also a 90 year old woman and her two daughters who took the oath making them citizens.

These new citizens worked many years completing the requirements for citizenship and the country welcomes their spirit and contributions to our society.

Puerto Rican Soldier example of Army Strong

Sgt. 1st Class John Gonzalez
65th RRC Public Affairs

AGUADILLA, Puerto Rico — An Army Reserve Soldier from the west side of Puerto Rico leads the island with more than 39 Army Reserve Referrals to date, and he said he is just getting started.

Bringing people into the Army comes easy to Sgt. Javier R. Camacho, an Active Guard Reserve Soldier with the 311th Quartermaster Company (Collection) (MA) in Aguadilla, Puerto Rico.

The Army's new program allows anyone to assist the Army's recruiting force by "referring" quality people into the Army or Army Reserve, thus helping to build strength for America's Army.

"Almost all of these referrals have been people approaching me wanting to learn more about the Army, that is when I start to tell them about what I know," Camacho said.

Camacho, who is 36 years-old, first served 4 years with the Naval Reserve as an Information Systems Technician prior to joining the U.S. Army.

There was an Army Reserve recruiting ad which said — "Sometimes the Best Soldier for the Job is a Sailor," and in his case that is certainly true.

He holds two Master of Arts degrees, one in Management and Human Resources from the Metropolitan University in Aguadilla and the second in Labor Relations from the Inter-American University of Puerto Rico.

Prior to his entering the military, he worked with the Puerto Rico Electric

Energy Authority for 10 years within their personnel section.

Being a full-time Human Resources Non-Commissioned Officer for the military helps him when he talks to potential Soldiers on the streets. His thorough knowledge of regulations, career opportunities and benefits, allows him to speak accurately to potential Soldiers about what the Army has to offer.

He brings with him a wealth of experience and genuine interest in the welfare of people, and Soldiers in specific. His love for the Army and the opportunities for growth it has to offer are contagious.

"The Army is like a family to me and all I am doing is bringing people into that family," Camacho said.

Within the last year, the Army Referral Bonus Pilot Program has increased its bonus to Soldiers referring candidates from \$1,000 to \$2,000.

The Army pays the first \$1,000 once a referral completes Basic Training and the second \$1,000 once the Soldier completes One Station Unit Training or Advance Individual Training.

Recently, the Department of the Army opened up the referral program to "USMA Cadets, ROTC Contracted Cadets, Future Soldiers, Army component retirees, and Department of the Army Civilians, as well as Soldiers."

But for this Sailor turned Soldier, it is not about the money or the numbers, it is about the people he meets each day and their opportunities to grow.

He emphasizes that he is recruiting

See Army ————— Page 18



Marc McCormick

Resident Commissioner Luis G. Fortuño visited Col. Edwin C. Domingo, commanding officer, Fort Buchanan, to discuss issues of importance to the garrison and Puerto Rico. Among the subjects discussed was the proposed lifting of the construction moratorium imposed by Congress on Fort Buchanan following the Viques affair. Fortuño has been lobbying in Congress to have the moratorium lifted. The project is currently on the table of a Senate subcommittee and would be voted on early this month. The lifting of the moratorium would allow execution of many installation improvement projects now on hold. The Resident Commissioner is the Commonwealth's representative in Washington, DC. He has a status equivalent to a territorial delegate in the House of Representatives as well as all the executive departments of the U.S. government.



Sgt. 1st Class John Gonzalez

Sgt. Javier R. Camacho talks with a potential recruit at the Fort Buchanan Exchange Food Court. Camacho is a former Navy Reservist.

FROM THE COMMANDER:



August:
Mission
Success
Through
Teamwork

In my recent Town Hall meeting with you I explained the basic points of my command philosophy.

I emphasized that each of you, everyone, military and civilian is valued and critical to our success. You make a difference every day and should feel a justifiable sense of pride in your contribution to the defense of America, and I thank you for your service. Our achievements will be directly proportional to our efforts as a team.

Working together, sharing the same vision, putting aside individual differences and dedicating our efforts towards a common good is what will make us successful as an installation.

An important ingredient in this synergy of will and action is the element of respect for each other. This means that a primary factor in the workplace lies in the way in which we treat each other. It's our duty to maintain

an atmosphere of mutual understanding, tolerance and deference in our day-to-day dealings with our co-workers.

In such a setting, discrimination of any kind cannot be tolerated, as it directly clashes with the very essence of teamwork.

This includes, of course, even the slightest hint of sexual harassment among fellow workers.

The Army policy is very clear: sexual harassment is a form of discrimination that violates Title VII of the Civil Rights Act of 1964. It will not be tolerated. I will not tolerate any form of sexual harassment in our installation.

It's a demeaning form of treatment that has no place anywhere on post, and I will deal with it swiftly and severely with the full force of the law and with all the resources at my command. The power of a team is vastly superior to that of an individual.

We must protect this formidable asset by being vigilant in sifting out those attitudes and actions that may weaken it.

Each of you represents the greatest resource of this organization. It is incumbent on each of us to continuously strengthen our collective endeavor to make this installation a centerpiece and example of excellence.

Fort Buchanan's mission is not at a standstill. The Army's transformation initiative will soon have us broaden our footprint to include the entire island as we implement the island-wide garrison concept.

This is going to represent a historic, momentous shift in our mission, and one that will demand even greater teamwork from all.

Knowing you, and fully aware of your capabilities and dedication, I know this is a challenge that we will meet head-on and with great success.

The Fort Buchanan Mission — Enable customers to succeed by providing sustainable Base Support and excellent services.

The Fort Buchanan Vision — To be the Federal Support Center of the Caribbean.



The Fort Buchanan Customer Focus — be an agile, efficient, customer driven, results oriented organization to support current and future missions.



Gunnar Pedersen

Garrison Operations Update for August

Let's start with "Thanks for a Job Well Done" to Fire Capt. Luis Rojas, fire fighters Juan Morales, Nelson Carrucini, Jose Vazquez, Winfrid Melendez and Paramedics Carmen Deya and Carlos Bellavista for their response to a trailer fire adjacent to Bldg. 613, July 21.

With the rear end of the trailer engulfed in flame, the fire crew did a great job knocking down the fire and preventing its spread to the AAFES warehouse, proving once again that Fort Buchanan has a highly trained, professional fire department.

Intramural Bowling —

On July 26, the Garrison Commander hosted our first intramural bowling tournament. Everyone who came had a great time, everyone was a winner.

(Officially, the AAFES team of Rob Baker, Mike Jones and Sam Jones edged out the Command Group team of Lou Rodriguez, Col. Domingo and I by just a single pin). Another team building event is already planned.

Buchanan Golf Club —

We're continuing to address issues relating to the golf club.

The issue of breakfast at the golf club snack bar is being reviewed.

DMWR has submitted a menu list with increased prices for the breakfast items and it is currently being reviewed.

However, we don't expect a final decision to be made until mid to late August.

Meanwhile we must also address the issue of annual dues.

Last year a rate hike was implemented and then suspended by Col. Ackman, then the Garrison Commander.

Our golf club is not in compliance with Army standards.

To reduce the burden of the required fee increase, we will implement it in two stages—a rate increase on Oct. 1, 2007 followed by another rate increase Oct. 1, 2008. That will bring us into compliance. The increased fees will be posted by the DMWR. The other major change is the rate structure. As part of the legacy of the way things were done in the past, the current rate structure varies

based on rank or pay grade.

The new structure has only three categories—Junior Enlisted (E1 thru E5) & Youth, Authorized Patrons and Guest/Public.

When this was implemented last year it was the source of a number of concerns.

The Junior Enlisted and Youth Category encourages younger people to take up the sport.

You cannot shop in AAFES, DECA, Community Club, Bowling Alley or anywhere else and ask to pay a price based on your grade or rank.

The Army has transformed away from this methodology.

Transistions —

Sally Devin, management analyst, Manpower and Agreements Branch, Resource Management Office, retired after nearly 25 years of government service.

We wish Sally good luck in her future endeavors.

Questions or concerns about garrison operations or any matter can be addressed by email to D2GC@conus.army.mil.

\$2,000 REFERRAL BONUS

— Soldiers, Future Soldiers, or Retirees can make the referral through the ARS-SMART website:

<https://www.usarec.army.mil/smart/> or through the US Army Recruiting Command toll free line

1-800-223-3735 extension 6-0473.

— Person making referral will be required to set up a user account via AKO prior to making referral.

For further assistance, contact your nearest Army Recruiter or call: (787) 781-6100/7042 or (787) 882-0765/0766



ARMY STRONG.



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El Morro is an authorized publication printed in accordance with Army Regulation 360-1.

Contents of El Morro are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, Department of the Army or U.S. Army Garrison, Fort Buchanan.

El Morro is published August by the Public Affairs Office, U.S. Army Garrison. Circulation 5,000.

All editorial content of El Morro is prepared, edited, provided and approved by the U.S. Army Garrison Public Affairs Office.

Deadline for submission is 4 p.m. Friday, one week prior to publication. Submissions must be in electronic (MS-Word) and hard copy formats and include all text, photographs and graphics intended to accompany the submission.

The Editor reserves right to edit all submissions

and to determine the suitability for inclusion in El Morro.

Every effort will be made to publish submissions in a timely manner, however, time, layout, style and editorial considerations, as well as determinations made by the Commander or the Public Affairs Officer August determine if the submission is published.

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Workman's Comp — What to do if injured at work

Miguel Ortiz
Ft. Buchanan CPAC

If you are injured at work, you may be entitled to injury compensation benefits provided under the Federal Employees' Compensation Act.

Federal employees have certain rights and responsibilities in filing for these benefits. Immediately report any work-related injury to your supervisor. If your injury requires medical treatment, obtain care as soon as possible. If you sustain a traumatic injury, you may obtain a Form CA-16, Authorization for Examination and/or Treatment from your supervisor or Injury Compensation Program Administrator.

The ICPAs in Fort Buchanan are — Ana Zavala 707-3132, for Appropriated Funds employees, and/or Nancy Cortes 707-3806, for Non-Appropriated Funds employees.

You have a right to choose your treating physician. You

may elect to be treated by a physician at a military treatment facility (if available) or by a duly qualified physician of your choice who is not excluded by the Office of Workers' Compensation Programs.

You must notify your supervisor of your preferred choice prior to scheduling an appointment. Any request by your supervisor or the occupational health clinic that you be evaluated by a medical clinic or contract physician must not interfere with your preferred physician appointment.

In Puerto Rico, Hospital Del Maestro in Hato Rey is a participant of the FECA and they may be contacted at 758-8383. To protect your rights to certain benefits, complete the Form CA-1 or CA-2 with your supervisor as soon as possible, BUT NOT LATER THAN 30 days after your injury. Complete a Form CA-1, Federal Employee's Notice of Traumatic Injury and Claim for Continuation of

Pay/Compensation if your injury results from a specific event or a series of events during one day or shift. If you develop a condition due to prolonged exposure lasting more than one day or shift, complete a Form CA-2, Federal Employee's Notice of Occupational Disease and Claim for Compensation. Your supervisor will transmit these forms to the appropriate Injury Compensation Program Administrator. Complete these forms as precisely as possible in order to avoid delays caused by asking you for additional information.

Although your supervisor or other agency representative may assist you, it is your responsibility to obtain the information needed to support your claim. IT IS YOUR RESPONSIBILITY to obtain a written diagnosis of your injury, how it is related to your employment, and a date you can return to LIGHT DUTY. This must be signed by YOUR PHYSICIAN, not a staff member or nurse. If you are tempo-



File Photo

Fort Buchanan Civilian Personnel can provide the proper guidance for Workman's Comp claims.

rarily unable to work because of your injury, you need to keep your supervisor informed about your medical condition, and return to work as soon as your physician allows you to do so. Light duty assignments may be available if you are not able to perform your regular job, and if so, you must advise your physi-

cian. If you experience a work-related injury, your supervisor will tell you who to contact for assistance and additional information and can provide you with a rights and responsibilities letter. To protect your rights and receive benefits as quickly as possible, DO NOT DELAY in reporting work-related injuries.

Fort Buchanan Transitions - Bud Rader



Photos by Marc McCormick

Bud Rader replaces his ball cap for a Puerto Rico hat presented by Buchanan's Staff Judge Advocate Lt. Col. Mark Nozaki. Rader, outgoing Director of Human Resources, was feted by family and friends at the Community Club. Fort Buchanan Commanding Officer Col. Edwin C. Domingo presented Rader with the Commander's Award for Civilian Service.



(Left to right) Bud Rader, daughter Ashley, wife Pak say farewell to their close friends John and Soomlin Fass. The Rader and Fass families are old Korean hands and here on Buchanan established a close relationship.

Exemption of Taxation on Motor Vehicles and Household Goods Shipped to Puerto Rico



Lt. Col. Mark Nozaki
Ft. Buchanan ILO

Nonresident Servicemembers of Puerto Rico with Permanent Change of Station orders who ship personal property to Puerto Rico can claim an excise tax exemption under the Servicemembers Civil Relief Act. Servicemembers who have paid excise taxes on personal property (motor vehicles and household goods) shipped to Puerto Rico can request reimbursement from the local Puerto Rico tax office (Hacienda).

Contact the Installation Legal Assistance Office for assistance with requesting exemptions or reimbursements of personal property excise taxes at 707-5155 or visit Bldg. 214 from 8 a.m. to 5 p.m., Monday thru Friday to schedule an appointment.



New Garrison Patch

Fort Buchanan has redesigned its garrison patch. The new design features the IMCOM symbol flanking the master seal - Sentinel of the Caribbean featuring the American and Puerto Rican flags and the traditional Spanish guard tower called a garita.

Beneficiaries can skip co-pay during OTC test

TRICARE Public Affairs

FALLS CHURCH, Va. — TRICARE beneficiaries already experience low co-payments on convenient mail order prescription drugs, now there is something even better—free.

A two-year test authorized by the 2007 National Defense Authorization Act allows TRICARE beneficiaries to substitute over-the-counter versions of certain prescription drugs without a co-payment. For now, the test includes the TRICARE Mail Order Pharmacy only. Plans call for expansion to retail network pharmacies once program details are ironed out.

“The drugs included in this test initially are among the most widely prescribed — those treating gastro-intestinal disorders,” said Army Maj. Gen. Elder Granger, Deputy Director, TRICARE Management Activity. Known as “proton pump inhibitors,” this class of medications includes the prescription drugs Nexium, Pre-

vacid, Aciphex, Protonix, Zegerid and Prilosec. Under the test, beneficiaries receiving a prescription proton pump inhibitor are eligible to receive Prilosec OTC, the only proton pump inhibitor available over the counter. The Department of Defense Pharmacy and Therapeutic Committee found there is no significant clinical difference between Prilosec OTC and its prescription-only counterparts.

“By requesting that their doctors prescribe the OTC version, beneficiaries can save money on their co-pay, and there is the additional potential to save the government money as well,” said Granger. OTCs are generally less expensive—by as much as 400 percent in some cases.

Once the OTC test works its way to retail pharmacies, beneficiaries should not expect to walk into any drug store and get OTC products for free at the register, caution TRICARE officials.

Beneficiaries will still have to get a prescription from their doc-

tor for the OTC drugs.

Beneficiaries already taking the selected prescription proton pump inhibitors through the mail order pharmacy will get a letter telling them about the new program whenever they order medications that qualify them to participate in the OTC test project. TRICARE encourages beneficiaries who haven’t used the mail order pharmacy in the past, but are taking medications included in the test, to get information on how to sign up at www.tricare.mil/mybenefit/home/Prescriptions/FillingPrescriptions/TMOP.

“Through the mail order program, initially beneficiaries can get up to a 90-day supply and have it delivered right to their mailbox. Remember, it’s free so it saves money for beneficiaries and potential savings to the government may help sustain the TRICARE benefit,” said Granger.

Medication classes under consideration for future testing include topical anti-fungals and non-sedating antihistamines.



Army takes further action to address Post-Traumatic Stress Disorder, mild Traumatic Brain Injuries in worldwide training

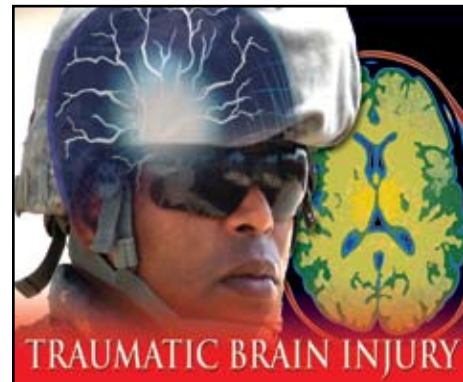
Army News Service

The Army launched a “chain teaching” program as part of an aggressive campaign to educate more than 1 million Active, Reserve and National Guard Soldiers worldwide within the next 90 days about Post Traumatic Stress Disorder and Traumatic Brain Injuries.

“Chain teaching” is a technique where leaders train their immediate subordinate leaders in small groups, who then in turn train those whom they lead, who in turn train the next level of leadership and so on, further down the line, until all Soldiers have received the required training. Key elements of this technique are the mastery of the information by leadership at all levels because they must teach the subject, plus the significance of the issue is made prominent by the teaching coming directly from unit’s own leadership.

All Soldiers in combat suffer stress, but most recover quickly. Those whose symptoms persist may have Post Traumatic Stress Disorder. PTSD is a condition that often follows a terrifying physical or emotional event, causing the person who survived the event to have persistent, frightening thoughts and memories, or flashbacks, of the ordeal. People with PTSD often feel chronically, emotionally numb.

Mild TBI is a physical injury to the head due to any circumstance. The enemy’s weapons of choice include improvised explosive devices, mines and other explosives and their cumulative blast effects may cause behavioral health symptoms such as sleep problems, memory problems, confusion and irritability. Many Soldiers experiencing these temporary symp-




toms may not know why they have them.

As Soldiers continue to deploy on multiple combat tours, brain injuries and combat-induced psychological stress are the primary health care concerns for Army leadership. The recognition, diagnosis, treatment and prevention of PTSD and TBI are essential steps needed to care for Soldiers and their Families.

This chain teach program also will help erase the perceived stigma that discourages soldiers from seeking treatment for mental and behavioral health concerns.


“Combat is inherently brutal and difficult, and it impacts humans in different ways,” said Gen. George Casey Jr., chief of staff of the Army. “We have made significant improvements in the identification and treatment of PTSD and mild TBI, but we must aggressively work research, prevention and treatment of these injuries and, most importantly, encourage Soldiers and their Families to seek treatment.”

This aggressive chain teaching program will augment behavioral health as-



Rodriguez Army Health Clinic

SCHOOL PHYSICALS



Fri, 27 Jul 07, Wed 8 Aug 07, and Wed 15 Aug 07
From 1300-1530 at the clinic

School physicals are required in two cases:

1. New Students
2. Sports Physicals

- ❖ All parents need to bring a copy of their child’s immunization records.
- ❖ The Tuberculin skin test (PPD) will be given to new students.
- ❖ Vaccine amounts are limited.
- ❖ Physicals will be given to eligible beneficiaries.
- ❖ Physicals will be by **appointment only**, please call ext 4393



Ms. Meche Torres

Human Resources Specialist

HUMAN RESOURCES COMMAND-LIAISON,
VETERANS AFFAIRS COMPENSATION LIAISON,
AND RETIREMENT SERVICES OFFICER FOR ARMY RESERVE

OFFICE NEW LOCATION: BLDG 1021 SUITE C
(CLOSE TO THE FORT BUCHANAN POST OFFICE)
FORT BUCHANAN, PR 00934
PHONE: 787-707-4081

SU OFICINA ESTA AHORA LOCALIZADA EN EL EDIFICIO 1021,
APARTAMENTO C (CERCA DEL CORREO)
FUERTE BUCHANAN, PR 00934
TELEFONO: 787-707-4081

301st MP Co. Soldiers train to save lives on battlefield

**1st Lt. José Massanet &
Capt. Hector Prieto**
301st MP Co.

In the arid and hot desert of New Mexico several of the 301st Military Police Company Soldiers participated in the Combat Life Saver course given at Forward Operating Base Justice at McGregor Base Camp, New Mexico as part of the Company's annual training and their participation in the Desert Justice Exercise. Desert Justice involved the participation of units from New York, Texas and Florida among other states.

Two CLS courses were offered in both garrison and combat field environments. Soldiers learned how to treat wounds in the battlefield and how to request medical assistance through MEDEVAC

procedures. Soldiers also learned, among other tasks, how to apply IV locks and how to apply a tourniquet. The Company's goal is to have 100% of all assigned Soldiers CLS qualified. With the addition of these new graduates, the unit moves closer to its goal.

The U.S. Army Reserve is the Army's Expeditionary Force, and subject to deploy in support of any contingency operation. Soldiers who become CLS qualified are better capable of assuming their role in that force, and equipped to "never leave a fallen comrade" thus living the Warrior Ethos and the Soldier's Creed. The 301st MP Co. Soldiers that participated in these courses were; Pfc. Miguel Rivera, Pfc. José Rodríguez, Pfc. Santos Vazquez, Cpl. Luis Reyes, Sgt. Dorcas Rodríguez, 2nd Lt. Ricardo Lugo and 1st Lt. José Massanet.



Pfc. Jose Rodriguez, Cpl. Luis Reyes, Sgt. Dorcas Rodríguez and Pfc. Santos Vazquez practice IV procedures with an artificial limb. 2nd Lt. Ricardo Lugo applies a saline lock to Pfc. Miguel Rivera.



Photos by 2nd Lt. Ricardo Lugo

Pfc. Miguel Rivera, Pfc. Jose Rodriguez and Sgt. Dorcas Rodríguez learning how to apply an I.V.

301st MP Company Takes Physical Training To Franklyn Mountains

Capt. Hector Prieto
301st MP Co.

In the early morning while nearing the conclusion of their Annual Training at Fort Bliss, Texas, the 301st Military Police Company took their physical training to Franklyn Mountains for a company hike.

The Soldiers began their day with plenty of hydration for their unusual physical training.

The Franklyn Mountains are located between El Paso, Texas and New Mexico, reaching altitudes in excess of 6,000 feet. The temperature that day reached 98 degrees, the air was dry, but there was some breeze.



Soldiers of the 301st MP Company reach their objective atop Franklyn Mountain. Soldiers making the climb were — Capt. Hector Prieto, Master Sgt. Marshall Johnson, 2nd Lt. Ricardo Lugo, Staff Sgt. Wilfredo Aqueron, Sgt. Moises Melendez, Sgt. Luis Perez, Sgt. Luis Ramos, Sgt. Leonel Rodríguez, Sgt. Dorcas Rodríguez, Cpl. Jose Guzman, Cpl. Luis Reyes, Spc. Luis Matos, Pfc. Miguel Rivera, Pfc. Jose Rodriguez, and Pfc. Santos Vazquez.

For most of the Soldiers this kind of weather wasn't unfamiliar, due to their previous mobilization to Iraq, where they lived in a more challenging environment while deployed under Operation Iraqi Freedom in 2004.

The objective of the day was to hike to the top of the mountain and reach 6,000 feet. The location and task at hand provided the Soldiers with a perfect opportunity to work on their cardio-respiratory endurance, cardiovascular resistance, muscle strength and endurance while enjoying nature's magnificence at their feet.

Capt. Hector Prieto, commanding officer, 301st MP Company, conducted an initial safety briefing.

The exercise was under the direct supervision of 301st 1st Sgt., Master Sgt. Marshall Johnson.

Soldiers were assigned a teammate and provided with bottled water.

At the start point, at an elevation of approximately 5,000 feet above sea level, the Soldiers began their ascent movement in single file enroute to the top of the mountain. After reaching 5,375 ft., the Soldiers conducted a rest stop to catch their breath and hydrate.

The next stop was conducted at approximately 5,600 feet. The path was easy at times, but slippery, and uneven at others.

The Soldiers walked, climbed, and pulled their own weight through paths, crevices, rock formations and cliffs in order to reach their goal of 6,000 ft.

But, HOOAH! Thanks to the Soldiers' determination and great cohesion the final check GPS altitude check revealed an altitude of 6,050 ft. above sea level, exceeding their unusual, challenging, physical training task.

Finally, after the Soldiers took a short break to relieve the stress in their leg muscles, 1st Sgt. Johnson consolidated the group, checked on every Soldier and after hydrating, began the descent.

Capt. Prieto congratulated the group at the rally point, and after some photographs and more hydration, the Soldiers headed back to McGregor training site in New Mexico for additional training.



Photos by 2nd Lt. Ricardo Lugo and Capt. Hector Prieto

Soldiers of the 301st MP Company plant their flag and make their stand on Franklyn Mountain during training in New Mexico.

DOIM — maintaining computer integrity through people

Marc McCormick
El Morro

Fort Buchanan's DOIM operation is a complex sprawling operation that maintains, installs, and oversees thousands of computers spread cross many internal networks. From trouble calls to the Customer Service Desk to the personnel who maintain and monitor the mainframes, DOIM personnel work 24/7 to assure total up-time for all of our communication structures.

This month and next, we will be introducing the directors and chiefs of the various departments within DOIM. These are the people you frequently have an interchange with but seldom see. They, like their computer systems, run silently in the background insuring that the civilian workers of Fort Buchanan have the resources they need to conduct the Army's business. This is the first of a two part spread and there is no significance to the order in which the photos are presented.

We would also like to note, that behind all these successful managers there are many computer personnel who never receive recognition. However, you can rest assured that it is the individuals manning all the desks and consoles who guarantee continuous computer service and telephone operations. Due to the nature of a lot of their positions, many of these workers will never be known or their jobs described. They are, however, indispensable to the security and operation of DOIM.



Photos by Joe Bonet



Top, Pedro Colon Rivera, from Cayey, manages and supervises the Service Management Division. Rivera began working at Buchanan in 1999. Among his many educational accomplishments is also a B.A. in Information Systems. Top left, Carlos Moreno is the Chief, Business Management Branch. The Salinas native has responsibilities for management and coordination of Logistical personnel, the garrison cellular contract and COM-SEC management, among others. He has been at Buchanan since 1999. Lower left, Miguel A. Vasquez is from Cayey and has worked at Buchanan since 1999. After 24 years in the Armed Forces, he joined the Defense Communications Systems facility. Presently, Vasquez is the Chief of the Customer Service Branch. Lower right, Wilbreto Maldonado is in charge of Plans Architecture and Operation Service. His responsibilities include the infrastructure of the LAN and the telephone system for the garrison. Maldonado has also worked at Buchanan since 1999. Most of these managers came to Puerto Rico following the closure of the garrison in Panama.



Women's History Month 2007 — accomplishment through merit

Marc McCormick
El Morro

"Mrs. Mott," recalled Stanton, "was to me an entire new revelation of womanhood. I sought every opportunity to be at her side, and continually plied her with questions... She told me... of Mary Wollstonecraft, her social theories, and her demands of equality for women." — Triumph of Justice, Jim Powell, pg. 500.

To read the life of Wollstonecraft is to read tragedy. She certainly never had an easy life, having failed at attaining a profession (becoming a teacher and starting a school) to liasons and marriages (her second marriage produced a daughter, Mary Shelly, the author of "Frankenstein." Wollstonecraft died following the delivery.). Nonetheless, our acts live on after us and she would be the precursor to and inspire the American feminist movement.

Observing the French Revolution from afar (in Britain) and up close (she traveled to France) Wollstonecraft was not totally wooed by the new philosophy expressed most eloquently by Jean-Jacques Rousseau which espoused the rights of man, the social contract and the natural man.

The social contract gives executive power conditionally and the people can take it away if they wish. Ideas that would be extended by Burke, Locke, Hobbes, et al, and eventually the permutations of all their ideas would be enshrined in our founding documents. However, as they say... Wollstonecraft understood the fatal flaw in the Rousseau's concept — women had no standing and that inequity rendered the passions moot. She set out to change that perception.

She wrote a pamphlet titled, "Thoughts on the Education of Daughters; with Reflections on Female Conduct, in the More Important Duties of Life." They liked long titles in her days. Later, she would distill her ideas with the much shorter title, "A Vindication of the Rights of Women."

I have commented before that women, at that time and for times to come, were merely the legal instruments of their husbands. The husband, or primal male relative, owned everything. Women had little to no "ownership rights," even to their bodies. It was not a good time for men to be speaking of "natural rights" but it would be a sleight of hand to refer to it as hypocrisy. Women's rights were simply unimaginable at that time.

As inspiration, Wollstonecraft provided the basis for the American movement of feminism. That struggle was relatively short, compared to the shift from the monarchical concept and the divine rights of kings to individual freedom concepts exemplified by the nascent United States.

Performance being the tribute talent pays to potential; women have exemplified the basic natural fact that brains have no sex in terms of accomplishment. Arguments have been made which lament the loss of — potential doctors, scientists, etc. — because women have been historically restricted from entry into the professions via education. In America, that seems to have gone the way of all hollow superstitions. Nonetheless, when you examine world cultures, you see exactly that restriction taking place. Whether it's embodied in the tenets of religions or in the poverty of destitute nations, education denied is enslavement — to what purpose?

2007 Women's History Month



American women can take satisfaction in the hard won accomplishments in law and societal norms that came from the labors of the Elizabeth Caddy Stantons and others but it is on the shoulders of Wollstonecraft they stood. Bravery is an uncommon trait in the face of societal condemnation and I contend that if women had not stood up for the "natural rights" of their sex, the Civil Rights movement would never have been possible — unintended consequences. When success came for that suppressed minority, other suppressed minorities understood that freedom was within their grasp also. It was not a few white men that made it possible but the united front of women that changed they face of America — forever. And for those who do not think the linkage between feminism and Civil Rights has any validity — remember Rosa Parks.



The Women's Rights Movement marks July 13, 1848 as its beginning. On that sweltering summer day in upstate New York, a young housewife and mother, Elizabeth Cady Stanton, was invited to tea with four women friends. When the course of their conversation turned to the situation of women, Stanton poured out her discontent with the limitations placed on her own situation under America's new democracy. Hadn't the American Revolution had been fought just 70 years earlier to win the patriots freedom from tyranny? But women had not gained freedom even though they'd taken equally tremendous risks through those dangerous years. Surely the new republic would benefit from having its women play more active roles throughout society. Stanton's friends agreed with her, passionately. This was definitely not the first small group of women to have such a conversation, but it was the first to plan and carry out a specific, large-scale program.

Today we are living the legacy of this

afternoon conversation among women friends. Throughout 1998, events celebrating the 150th Anniversary of the Women's Rights Movement are looking at the massive changes these women set in motion when they daringly agreed to convene the world's first Women's Rights Convention.

Within two days of their afternoon tea together, this small group had picked a date for their convention, found a suitable location, and placed a small announcement in the Seneca County Courier. They called "A convention to discuss the social, civil, and religious condition and rights of woman." The gathering would take place at the Wesleyan Chapel in Seneca Falls on July 19 and 20, 1848.

A "Declaration of Sentiments" is Drafted — These were patriotic women, sharing the ideal of improving the new republic. They saw their mission as helping the republic keep its promise of better, more egalitarian lives for its citizens. As the women set about preparing for the event, Eliza-

National Women's History Project — A look back in history

beth Cady Stanton used the Declaration of Independence as the framework for writing what she titled a "Declaration of Sentiments." In what proved to be a brilliant move, Stanton connected the nascent campaign for women's rights directly to that powerful American symbol of liberty. The same familiar words framed their arguments: "We hold these truths to be self-evident; that all men and women are created equal; that they are endowed by their Creator with certain inalienable rights; that among these are life, liberty, and the pursuit of happiness."

In this Declaration of Sentiments, Stanton carefully enumerated areas of life where women were treated unjustly. Eighteen was precisely the number of grievances America's revolutionary forefathers had listed in their Declaration of Independence from England. Stanton's version read, "The history of mankind is a history of repeated injuries and usurpations on the part of man toward woman, having in di

See Women — **Page 17**

Declaration of Sentiments

- Married women were legally dead in the eyes of the law.
- Women were not allowed to vote.
- Women had to submit to laws when they had no voice in their formation.
- Married women had no property rights.
- Husbands had legal power over and responsibility for their wives to the extent that they could imprison or beat them with impunity.
- Divorce and child custody laws favored men, giving no rights to women.
- Women had to pay property taxes although they had no representation in the levying of these taxes.
- Most occupations were closed to women and when women did work they were paid only a fraction of what men earned.
- Women were not allowed to enter professions such as medicine or law.
- Women had no means to gain an education since no college or university would accept women students.
- With only a few exceptions, women were not allowed to participate in the affairs of the church.
- Women were robbed of their self-confidence and self-respect, and were made totally dependent on men.

Protecting against West Nile Virus, Dengue Fever

Yvette Robles
Army Family Housing, DPW

Warm weather is here, and with it comes the scourge of mosquitoes. In most regions of the world, mosquitoes are both the foremost vectors (transmitters) of disease as well as nuisance pests. The arrival and rapid spread of West Nile Virus and other mosquito borne diseases on the North American continent has heightened public awareness regarding the threat that mosquitoes pose. Learn more about the risks and how to protect yourself and your family at Web site <http://chppm-www.apgea.army.mil/mosquitoes/>.

The West Nile Virus is a mosquito-borne virus which was first seen in the United State in 1999. The mosquito becomes infected by feeding on infected birds which have the virus circulating in their bloodstream for days. Unlike the Dengue, the West Nile Virus is transmitted from any type of mosquito as long as it is infected. Another cause of alarm with this particular virus is encephalitis, which is an inflammation of the brain.

Dengue is a viral disease transmitted by the Aedes aegypti

mosquito. It is common in Puerto Rico and the Caribbean with periodic epidemics occurring at varying intervals.

At the present time, there are three dengue serotypes present in Puerto Rico. The clinical manifestations of dengue in Puerto Rico are presented from a historical perspective. Dengue in Puerto Rico has evolved from a clinically mild illness in the 1960's to a devastating disease with hemorrhagic manifestations in the 1980's. Puerto Rico also experienced a dengue shock syndrome in 1987. From a clinical perspective, dengue fever has been recognized for more than 200 years. Unfortunately a vaccine against both these diseases is presently not available. The best way to treat the West Nile Virus and Dengue is eliminating the vector, therefore, prevention.

Recently, staff members of the Army Family Housing Division distributed informational flyers throughout the Housing areas. We encourage everyone to read through the documents that were provided by the Directorate of Public Works, Environmental Division. These flyers contain important information as related to mosquitoes and



bite affects. They also provide guidance on how to practice preventive measures against these annoying and harmful, (if infested) mosquitoes. These flyers are available at Web site <http://usa-chppm.apgea.army.mil/HIOFS/>.

The Environmental Division and Pest Management Branch at DPW have initiated and coordinated a mosquito survey which will take place during the 1st and 2nd week of September 2007. The U.S. Army Center for Health Promotion and Preventive Medicine will be conducting this survey at Fort Buchanan.

For further information, contact the DPW Environmental Division at 707 - 3575, 787-354-1861, or e-mail anibal.negron@us.army.mil. The CHPPM internet address is Web site <http://chppm-www.apgea.army.mil>.

New contact numbers for DPW

Yvette Robles
Army Family Housing, DPW

The Directorate of Public Works is constantly searching for innovative ideas in a quest to provide stronger customer service.

As of June 28, 2007, the Customer Service Desk located at DPW, Bldg. 556 has added additional contact numbers which will operate on a 24 hour basis by including "after hours" contacts.

Many of you are already familiar with extension 3971.

The changes that are being implemented in the Customer Service Desk are expected to be key not only in improving customer service but also customer satisfaction within our Fort Buchanan community.

Take note of the revised telephone numbers and time frame scheduled which includes additional contact numbers for prompt assistance.

- Monday to Friday — 7 a.m. to 4 p.m. call 707-3971/3291. After 4 p.m. to 6:59 a.m. call 707-3971, 502-2284/2089/2256 in this order.

- Day and night (for emergencies only) call 707-3971, 502-2284/2089/2256 in this order.

King for a Day — DPW honors fathers

Yvette Robles
Army Family Housing, DPW

The Directorate of Public Works kicked off its annual Father's Day celebration on June 15, 2007. Co-workers gathered together to celebrate this very important occasion by paying tribute to fathers and non fathers. The male staff members were welcomed by Cilita Garcia, secretary, Environmental Division and fellow female co-workers.

During this event, Esther Molina, utilities clerk for Opera-

tions and Maintenance Division, proclaimed all the male employees as "King for a Day." In turn, they had to wear a King's Crown made out of colored construction paper that read, "Number 1 Dad." The activity which lasted an hour consisted of delicious food, pastries, fruits, refreshments, music and a PowerPoint presentation related to the true meaning of "Fatherhood."

The history of Father's Day as seen today is not even a hundred years old. The idea of Father's Day was conceived by Sonora Dodd of Spokane, Washington, while she listened to a Mother's Day sermon in 1909.

Dodd wanted a special day to honor her father, William Smart, a widowed Civil War veteran who was left to raise his six children on a farm. Thanks to her hard work and struggle, in 1916, President Woodrow Wilson approved of this idea. However, it was not until 1924 when President Calvin Coolidge made it a national event to "establish more intimate relations between fathers and their children and to impress upon fathers the full measure of their obligations." Since then, fathers have been honored, and recognized by their families throughout the country on the third Sunday in June.



Prior to enjoying the luncheon prepared in their honor, the fathers of DPW pause to give thanks. DPW honored the men in celebration of father's Day 2007.



Courtesy Photos
Fathers line up for the luncheon prepared in their honor.

\$2,000 REFERRAL BONUS

— Soldiers, Future Soldiers, or Retirees can make the referral through the ARS-SMART website:

<https://www.usarec.army.mil/smart/> or through the US Army Recruiting Command toll free line

1-800-223-3735 extension 6-0473.

— Person making referral will be required to set up a user account via AKO prior to making referral.

For further assistance, contact your nearest Army Recruiter or call: (787) 781-6100/7042 or (787) 882-0765/0766



ARMY STRONG.

Compliance vs. Injury prevention — how do you choose

Larry Wilson

I know, I know. Complying with the law and preventing injury are supposed to be one and the same. But guess what? They're not. And everybody knows it. A safety director I met at a recent conference summed it up perfectly: "I'd love to be able to do some stuff that would really reduce injuries," he said to me. "Unfortunately, I'm so busy with compliance and audits right now that I just don't have the time."

Putting the Compliance Cart before the Safety Horse

The reason we have OSHA laws is to prevent injury. But the great irony is that the laws have become a distraction. We're so wrapped up in getting all the details of compliance right that we tend to overlook what should be obvious safety risks.

I mean, why is it that an experienced and certified safety professional performing a compliance audit can spot a container on the back shelf

without a label during a compliance audit, but not notice that everyone - and I mean everyone - is violating an ergonomic procedure on the production floor (pulling carts instead of pushing them). Could it be that the former would constitute an OSHA violation and the latter wouldn't? If so, this is sad - especially when you consider that the number one injury at this facility of 2,650 was and is shoulder strains.

How on earth did we get here? How could we ever have let anything become more important to us than preventing injury? We should be dedicated to preventing the causes of accidents - rushing, frustration, fatigue and complacency. Instead, we're spending our hours dotting "i"'s and crossing "t"'s.

Why? Perhaps it's because we've become more afraid of the lawyers and the government than the injuries or fatalities. If this is true about you, then I want to share a story with you.

Putting Compliance vs. Pre-

vention in Perspective

I was asked to speak at a conference for logging contractors on Vancouver Island. Mark, the person who introduced me, was the operations manager from one of the major forest products companies in the area. He knew there were some owners and superintendents mixed into the audience of 300 hand-fallers. This was his introduction:

"Guys, we've had five potentially fatal close calls so far this year." [two-second pause] "I don't know if any of you have ever had to knock on the door and tell the wife of one of your employees that her husband is dead - but I have."

What he said next that really got to me. "And what I've found, or what I've found works best - is to just come right out and say 'Your husband was killed in an accident today.'" [one-second pause] "But," he continued, "that's not the worst of it - having to stay there until another friend or family member comes over, that's the worst part

, because they start yelling, then crying, then they hug you, then they pound your chest or try to hit you, all the while the kids are crying and screaming, she's crying and screaming. And all you can do is stand there and wait. Wait until that relative or friend gets there...it may only be 15 or 20 minutes." And he looks over the crowd. "But I guarantee you that it will be the longest 15 minutes of your life."

Mark is a big man. Big - 6 feet and about 225 pounds. Strong. And sharp as a tack. He looks at the group and says one last thing, "I don't care how tough you think you are, I don't care what you've been through on your own, you won't want to ever, ever go through that again, you will never want to spend another 15-20 minutes like that again. Ever."

Then he shakes his head, and in a low voice he says, "I've had to do it so many times, that I can't even tell you the exact number - I can just tell you what I've found is the best way to



do it." Then he introduces me. I could barely talk. All I kept thinking about was "The best way I've found to do this...The best way..." He's had to do this so many times that he knows what works best.

Now ask yourself, if you were Mark would you be interested in compliance or injury prevention - audit scores or inattention? A moment's inattention with a forklift, chainsaw or skidder can lead to a fatality. A bad audit score doesn't seem so significant when you're on your way to a funeral. Look, I'm not saying that compliance audits aren't important. I'm just suggesting, urging, that you put them in proper perspective.

Prevention — the key to safety in the workplace

Robin L. Barton

When supervisors get involved, they prevent injuries and minimize the seriousness of injuries that do occur. The problem is getting supervisors involved. Why? The new Liberty Mutual study offers some insight.

The Liberty Mutual Research Institute study concentrates on the prevention of ergonomics injuries, such as strained backs, rotator cuff injuries and carpal tunnel syndrome. Supervisor intervention can be especially effective in this area because many of these injuries develop gradually over time and are preceded by signs or symptoms that a supervisor is ideally positioned to detect. And once they detect the signs, there are many things supervisors can do to intervene and ensure that the endangered worker doesn't actually suffer an injury (or suffers only a minor one). Moreover, the signs or symptoms of ergonomics injuries are often the kinds of concerns that workers bring to supervisors' attention.

William Shaw, Ph.D, lead investigative researcher for the Liberty Mutual study, explains how the study was conducted. The researchers recruited 23 supervisors from a food processing plant and divided them into two groups: the intervention group and the control group. In phase one of the study, which lasted seven months, the supervisors in the intervention group received special training on matters such as: Detection and early response to workers' health concerns. Supervisors learned



how to be proactive and address workers' minor health concerns before they become major problems.

Example: Suppose a worker working on a particular machine all day complains of shoulder fatigue. Many supervisors would either send the worker to the nurse or dismiss the problem and wait for the worker to develop a more serious injury. Supervisors in the intervention group were taught to take measures to address the problem right away, such as giving the worker extra breaks or rotating him to a different machine.

Better communication with workers. Supervisors in the intervention group were taught to be "active listeners," says Shaw. Workers may be reluctant to tell their supervisor about a health problem, especially if they don't think the message will be properly received and understood. By improving communication between supervisors and workers, workers will be more likely to report health concerns when they were still minor. Then those concerns can be addressed before they became major, he explains.

Better accommodation skills. Supervisors in the intervention group were taught how to more effectively accommodate workers who express concerns. For early intervention to work, supervisors need to not only listen to workers' concerns, but also react to them. In many cases, the supervisor has to make efforts to accommodate the worker, say, by getting a worker complaining of back pain special tools, lowering the shelf on which his tools are

Safety Pictures of the Week



A worker was on his way to a safety meeting when he saw this painter. Clearly, the painter is deliberately stepping through the railings from a safe, solid scaffold with fall protection, out onto the uncertain stability of the slippery plastic road barrier. It might take a minute or two to move the scaffold, even longer to shift the barrier. But it could take a lot longer to recover from a fall.

Courtesy Photos

Quick question: how much use is this person going to be if one of those machines slips off the truck? Or if the driver has to slam on the brakes? The driver of this overloaded pickup is putting his cargo, passenger and other motorists at risk. He should load it right and make the extra trip if necessary. Sure, it'll cost him some time. But not nearly as much as explaining to the cops, or the ambulance crew, why he didn't do it properly in the first place.





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OWN THE EDGE
Composite Risk Management

New commander for 210th Regional Support Group



Col. Joeffrey Garrison relieved his command July 14 in Aguadilla to Col. Hector Lopez. Garrison will become the Army Emergency and Disaster Liason for the Virgin Islands. Lopez comes from graduating Inter American Defense College. Lopez's recent assignments included 65th Regional Readiness Command's G6, Commander of the 969th POL Detachment and Commander of the 394th S&S

Battalion he deployed to Iraq. The 210th Regional Support Group has more than 1500 soldiers mainly distributed among centers on the west side of Puerto Rico. The 210th is preparing for deployment early on 2008. In thier civilian capacities Garrison works with the U.S. Army Corps of Engineers and Lopez is the Director of DPTMS, Ft. Buchanan, Puerto Rico.



Photos by Sgt. 1st Class John Gonzalez

271st AG Postal Co. deploys to Iraq



Staff Sgt. Maribel Soto looks up after filling out her luggage tags at the Luis Munoz Marin International Airport, while Specialist Tania Sanchez continues with hers. The two Soldiers belong to one of three 271st Adjutant General Postal units that left for a year-long tour on July 17. Some 60 Soldiers in total deployed with the unit which specializes in delivery of parcels and mail for our Soldiers in combat. Asked about how she saw her mission, Soto said she loved doing what she does, "The Soldiers are always happy to see us, we bring them letters from home and packages with homemade goodies, we help them reconnect with their loved ones back home."



Photos by Sgt. 1st Class John Gonzalez

Hugs and tears were the order of the day as Soldiers with the 271st Adjutant General Postal Detachment bid their heart-felt good-byes to loved ones and friends at the Luis Munoz Marin Airport July 17. Sergeant Misael Alvarez hugs a family member moments before passing through the security checkpoints and onward towards their gate. "I am proud to go and serve my country and especially honored to go with this group of Soldiers, but it is really hard to say good-bye," Alvarez said. The 271st AG Postal Co. is stationed at Fort Buchanan and have deployed to Kosovo, Afghanistan, Kuwait and Iraq in the past.

Garita Patch — “Freedom Fuelers” wear cultural pride



Story and Photos by
SpC. Jennifer L. Sierra
302nd MPAD

LSA ANACONDA, Iraq — The 969th Quartermaster Detachment from Puerto Rico took off the 13th Sustainment Command (Expeditionary) combat patch and replaced it with the 65th Regional Readiness Command “Garita” patch, July 21.

“The decision was whether or not to wear it in theater,” said Lt. Col. Patricia L. Day-Moore, commander, 969th QM Det. “We didn’t want to disrespect the 13th SC (E). They have been so good to us,” she said.

The “Freedom Fuelers” are the first to wear the Garita as a combat patch in Iraq. Day-Moore said there is a fellow Puerto Rican unit in Afghanistan, but it is unknown if they have put the 65th RRC patch on their right sleeve.

“To be among the first Puerto Rican Soldiers to wear the Garita with pride as a combat patch is a great honor and a dream come true,” said Sgt. Luis K. Barreto-Nieves, human resources and administration specialist, 969th Quartermaster Detachment.

The unit was split into four teams and supervised fuel farms throughout Iraq. The embassy team worked closely with Multi-National Force-Iraq and the U.S. Embassy in Baghdad to provide them data on crude exports, refined production, domestic supply and Iraqi fuel storage.

The other three teams traveled to various forward operating bases throughout Iraq to ensure operators received proper training to manage Army fuel in accordance with military standards. They also conducted inspections and audits during their time here.

See Garita

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Courtesy Photo

First Lieutenant Jessie Flores takes some time to get to know the local population as she gathers with children from Afghanistan. Flores is a 65th Regional Readiness Command Engineer Officer deployed with the Army Materiel Command Logistic Support Section in support of Operation Enduring Freedom in Afghanistan. Part of the Army mission in both Iraq and Afghanistan is to help improve the well-being of the local population by the construction of building such as schools and local medical clinics.

R&R change for Servicemembers

The Department of Defense approved today a policy change to the U.S. Central Command Rest and Recuperation Leave Program, increasing the time provided to military servicemembers for rest and recuperation in support of Operation Iraqi Freedom and Operation Enduring Freedom.

The policy change, signed by David S. C. Chu, under-secretary of defense for personnel and readiness, increases the R&R leave period from 15 to 18 chargeable days for those servicemembers deploying to the OEF and OIF area of operations for 15 months. The amended policy became effective July 13, 2007, ap-

plies to military personnel only and is not retroactive.

Only servicemembers who took leave on or after July 13, 2007, may take 18 days of leave. Servicemembers on R&R will not be charged for their travel days. The R&R leave begins when the servicemember arrives at the commercial airport nearest their leave destination.

Servicemembers serving one-year tours will continue to receive 15 days of chargeable R&R leave. The amended R&R policy came as a result of the recent DoD change to the rotation and mobilization policy increasing some theater deployments to 15-month tours.

35th Signal Bn. deploys to Iraq



Photos by Sgt. 1st Class John Gonzalez

Somber was the expression of Staff Sgt. Hiram Bosch, a departing Soldier with the 35th Signal Battalion, as he listens intently to the chaplain's message prior to boarding a plane taking him and his unit on a year-long deployment in support of Operation Iraqi Freedom. “I always knew that the day would come when it would be my time to go... it's hard of course, but there is also a strong sense of pride, of doing one's mission, and that one will never forgets,” Bosch said. In his civilian capacity, Bosch works as a protocol officer with the Commonwealth of Puerto Rico's State Department.



With bitter-sweet feelings, Sgt. 1st Class Ariel Feliciano climbs to board the chartered plane at Ponce's Mercedita International Airport that will ultimately take him to his new reality for the next year, the Middle East. His unit, the 35th Signal Battalion is scheduled to conduct mobilization training for roughly the next 30 days at Fort Hood Texas, in preparation for a year-long tour of duty in support of Operation Iraqi Freedom. Some 100 Soldiers from the Army Reserve, many of them combat veterans with at least one other tour, left from the airport with a sense of sadness of leaving their friends and loved ones behind, yet also with a dose of “Orgullo Boricua” for answering the call of duty when their nation needs them.



Former Staff Sgt. Adolfo J. Antonio, Bravo Company, 35th Signal Battalion in Aguadilla, Puerto Rico, raises his right hand to take the oath of office becoming the newest second lieutenant for the 65th Regional Readiness Command on July 15. Col. Jose A. Gotay, deputy commander, 65th RRC, swore in 2nd Lt. Antonio, who lifelong dream since joining the Army was becoming a commissioned officer within the Signals Branch. He holds a Bachelors Degree in Accounting from the University of Puerto Rico-Utuado Campus, and is currently preparing for his Certified Public Accountant license. The new officer, who spent a year in Iraq with the 842nd Signal Company out of Florida, advises young Soldiers to “never let anything get in the way of your dreams, be persistent and overcome all the obstacles you encounter.”

Take pride in Puerto Rico — Nat. Public Land Day

National Park Service

National Public Lands Day is the nation's largest hands-on volunteer effort to improve and enhance the public lands American's enjoy. In 2006, about 100,000 volunteers built trails and bridges, planted trees and plants, and removed trash and invasive plants. Join us Saturday, September 29, 2007 for the 14th annual National Public Lands Day and help us care for our land. We invite everybody from federal land management agencies to state parks and playgrounds in local neighborhoods to participate.

This year, there will be a clean-up of the Paseo del Morro Trail. The trail is one mile long with easy access. Volunteers should bring walking shoes, hats, sunscreen and water. NPS will provide all the necessary equipment.

If you would like to volunteer, contact park Ranger Jorge Maldonado, 501 Norzagaray Street, San Juan, Puerto Rico 00901 or call 729-8777.

A historical overview of colonial Puerto Rico — The Importance of San Juan as a military outpost

Wikipedia

Since the arrival of Ponce de León in 1508, to 1511, the Spaniards and the Tainos lived in a relative peace. After Agüeybaná's death in 1510, however, the relationship deteriorated progressively until the Taíno decided to attack the Spaniards. The Taíno revolted against the attempts of the Spaniards to use them as forced labor¹ and also against their forced conversion to Christianity.

The Spanish established in the colony the "repartimientos" and the "encomienda" forced labor system. These systems were, with some variances, implemented later in the rest of the empire. The "encomienda" consisted on the granting to the Spanish colonists of a certain number of natives (between 30 and 300) to be instructed in the religious teachings of the Catholic Church. The Crown had decreed the emancipation of the natives after they were certified as full fledge Christians. However, the colonists early on treated the Taíno more like enslaved labor than free subjects of the Crown. The "repartimiento" was a compulsory labor system

in which a cacique and his village were under the obligation of working for the colonists.

Another reason for the Taíno rebellion was the Spanish attempt to erase any trace of Taíno culture and traditions. The Spanish meant a full internal and external transformation of the Taíno. Ideologically, the Spanish had instituted their compulsory indoctrination in Catholicism.

After three years of relative peace, some Taíno caciques under the leadership of Agüeybaná II (nephew of the first Agüeybaná and known as "el bravo" or the "brave one") led an offensive against the Spanish towns located in the Western side of Puerto Rico.

The relatively easy conquest of the Taíno meant that the Spaniards could pay attention to other matters such as the shortage of workers and the colonization process in itself. After the first attacks on the Spanish ports and towns in the Caribbean, the Crown became aware of the menace looming over their newly acquire empire. Hence the colonial governors of Puerto Rico, having realized the strategic importance of the island urged the Crown



to protect the port of San Juan. The need to protect the fledgling colony against attacks from the Taíno and the Caribe as well as other European nations moved the Spanish government to fund fortification work on the city. The first fortification built was La Fortaleza (The Fortress-also known as the Santa Catalina Palace). Begun in 1537, the fort was located in an area where it offered no protection to the city of San Juan. Gonzalo Fernández de Oviedo, a known Spanish historian reported: "only blind men could have chosen the site for this fort".

The Spanish Crown then decided to fortify the entrance of the San Juan harbor and commissioned the construction of a fortification in a headland ("morro" in Spanish) on the Western-most side of the San Juan Islet. In 1539, construction of what was to become Fort San Felipe del

Morro was initiated. This fortification became the key and the only effective part of the Spanish defensive system in Puerto Rico for nearly a hundred years.

Spain soon realized the strategic importance of Puerto Rico, the city of San Juan and its fortification system. As Historian Ricardo Torres Reyes says:

"Puerto Rico's geographic position at the edge of the Caribbean made San Juan one of the key frontier outposts of Spain's West Indies dominions. The forts here and those in Cartagena, Portobelo, Havana, Veracruz, and St. Augustine formed a chain of defenses that guarded Spain's New World trade routes... and helped to protect the treasure ships that vitalized her empire. King Phillip IV called Puerto Rico 'the front and vanguard of all my West Indies...the most important of them all and the most coveted by my enemies...'"

Fort Buchanan's resident golf pro teaches game to beginners

Melissa Zayas
El Morro Staff

"Golf is like life," said Lowry Wilson, personal Golf trainer, for the Fort Buchanan Golf Club. Wilson who is from Pennsylvania, has been playing golf since he was a kid and twenty years ago started giving lessons on military installations.

Now Lowry Wilson offers lessons in Fort Buchanan to all those interested in making golf into their favorite hobby and sport.

If you are a beginner, Wilson first checks your skills step-by-step. He also teaches different techniques.

For someone that has never held a club before, he covers the basic fundamentals of golf, basic swings and etiquette. After the basics, the first thing to learn is putting.

Then comes the chipping; getting the ball onto the green in order to be able to putt the ball. This is what is called a short game, closer to the green.

The third step is to hit the ball a long way, either driving off a tee or pitching the ball using various irons. Many ladies

want to learn to play golf to be able to play with their husbands. The best recommendation is that they get professional help from an instructor. Wilson's most memorable experience was when he taught two people two different techniques at the same time. The funny thing was that both students understood everything. "I thought they were going to get confused, but they both learned beautifully", Wilson said.

"Golf is the greatest game there is or ever will be," Bagger Vance, Circa 1937.

During July, Wilson will be offering a series of golf clinics for ladies and juniors. Also, for those professional players who have a busy schedule and don't have enough time to visit a golf course, he offers indoor lessons.

"Golf is unlike any other sport. In golf, the player needs a lot of patience, since it is a whole different set of motor skills," Wilson said. "Many people think that golf is just hitting a ball along the ground, but making that ball go into the hole takes lots of patience. To learn golf depends on the player and their athletic background."

"Players also need flexibility and a good hand-eye coordination," he said. "Being physically fit is not required for playing golf. The scoring is simple and the one who had less strokes, wins."

"It is not a complicated game, but a game of details, a game of millimeters," Wilson explained. "Three basic ingredients to a good game are patience, correct technique and a lot of practice."

Playing golf teaches many things such as being honest with yourself. Why honest?

"Golf is the only game where you have to call your own penalties. The game is based in honesty, courtesy and fair play," he said.

For those interested in taking lessons, you must have access to Fort Buchanan or be an ID card holder. The costs for adult lessons are \$40 for one hour and \$25 for half an hour. For juniors it is \$25 an hour and \$15 for half an hour. The five lesson package for adults costs \$175 and for juniors \$100. Appointments must be made directly through the personal golf trainer.

For more information, contact Lowry Wilson at (787)306-0427.



Melissa Zayas

Larry Wilson, Fort Buchanan's Golf Pro/Instructor, Shows Lisette Berrios, a civilian teacher at the Department of education Puerto Rico, the proper stance and wrist alignment for a shot.

Humaco father, son serve in Iraq

Spc. Chris McCann
2nd BCT, 10th Mountain Div.

CAMP STRIKER, Iraq — Their mocking and sparring in the dining facility is sometimes fierce, but the love between them is apparent.

It's not the bond between Soldiers that's forged in the heat of combat — it is more rare, here in Iraq.

First Sgt. Ricardo Rios-Tirado and Pvt. Bryan Rios are father and son, and lucky enough to be working practically next door to each other, although in different units.

Rios-Tirado, a native of Humacao, Puerto Rico, serves with 2nd Brigade Combat Team, 10th Mountain Division (Light Infantry) out of Fort Drum, N.Y.

His son, Bryan, works with Troop D, 3rd Squadron, 17th Cavalry Regiment, 10th Aviation Brigade, also out of Fort Drum.

The Army wasn't what Rios-Tirado wanted for his middle child. His eldest daughter, Tonya, is in college, and his youngest is only 3.

"He enlisted while I was at the National Training Center," he said. The 2nd BCT spent six weeks at the Fort Irwin, Calif., facility in March and April 2005. When Rios-Tirado got back, his wife said that Bryan had something to tell him.

It didn't take any words at all — he just slid the pink copies of his contract across the table.

"I thought he'd just done the first steps," Rios-Tirado said. "But he'd done it all, even had a date to ship out, raised his hand in front of the flag."

Rios-Tirado was less than pleased, he said. Military service, especially in wartime, can be tough on a Soldier.

"After 15 years of seeing me busting my butt, I know he knew better than to follow along — but he did, all the way to Iraq," he said, laughing. He admitted that he's extremely proud of his son.

"I didn't want to get stuck in (my hometown) Sandy Creek, N.Y., looking for opportunities," Bryan said. "I wanted to do something like helicopter maintenance. ... I already knew about the Army, pretty much knew what to expect, and I knew that if I was lost and needed help, I had someone who would know."

His father, serving as a first sergeant with the 2nd Brigade Special Troops Battalion, 2nd BCT, at the time of his enlistment didn't hurt matters, he said. Rios-Tirado helped get Bryan assigned to Fort Drum. Of course, he takes flak for it as well.

"They tease me. I started getting mail here right away, because he gave me the address right away," Bryan said. "And people say 'Oh, you were home-schooled for (advanced individual training).' But it's all in fun."

Rios-Tirado is scheduled to return to the United States in November. Bryan's unit just arrived in Iraq. Their tours will overlap by about four months, so the 15-month deployments won't be as long a separation as most Soldiers and their parents face.

They are close, as fathers and sons often are.

"I was a single parent," Rios-Tirado said, pointing at his son. "I raised this thing!"

Bryan grudgingly confessed to visiting his father's office every Wednesday when he gets free time.

"He just comes over, the next thing I know he's in my office saying 'Hello!'" Rios-Tirado said, mocking him gently.

"Yeah, I just show up," Bryan said. "If he's busy, I just wait."

They hunt together — deer, turkey and duck — when at Fort Drum, and argue over whose choice of music is better.

"I listen to country music, and he doesn't," Bryan said.

"I like Godsmack and Disturbed," countered Rios-Tirado. "It's a family tradition for one of us to start something, and the other has to keep up."

Having his dad around is a help, he added.

"It doesn't seem so far from home and lonely," Bryan



Spc. Christina Mc Cann

1st Sgt. Ricardo Rios-Tirado (right), a native of Humacao, Puerto Rico, has a laugh with his son, Pvt. Bryan Rios (left), a native of Sandy Creek, N.Y., in front of his office at Camp Striker, Iraq, July 11. Rios-Tirado is the 1st sergeant for Headquarters and Headquarters Company, 2nd Brigade Combat Team, 10th Mountain Division (Light Infantry) out of Fort Drum, N.Y. Rios is a helicopter mechanic with 3rd Battalion, 17th Aviation Brigade, 10th Mtn. Div. (LI) and is also stationed at Camp Striker, giving them a rare opportunity to spend part of their deployments together.

said of the situation. A deployment to Iraq — especially the first — can be tough. "It really teaches you not to take things for granted, when you get over here."

Bryan is a gifted mechanic, and completely rebuilt a vehicle the last time Rios-Tirado was in Iraq, his father said.

"He could get a job anywhere with the talent he has for it," Rios-Tirado said. Bryan is not sure if he'll make the Army a career like his father has, but loves the work he's doing and says it will give him more experience, no matter what he chooses to do later.

"It's a mixture of feelings — pride on one side, fear on the other. Everywhere I go, people have only good things to say about him. Fear, because look where we are. It's not what I want for him, but he's a man, and he decided. And I'm terribly proud of him."



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FOB Logar — building from the ground up

1st Lt. Kenya V. Saenz
Task Force Pacemaker PAO

FORWARD OPERATING BASE LOGAR, Afghanistan — Combat engineers are building a forward operating base from the ground up in the Logar province. The completion of this new FOB, which is in a key location, will reinforce the link between U.S. forces and Afghan National Security Forces.



Soldiers of the 585th Engineer Co., wearing their full combat uniform, construct the first guard tower at FOB Logar.

The 585th Engineer Company from Fort Lewis, Wash. is constructing 26 wooden shelters, called Butler Huts, to provide living quarters for the Soldiers.

Two larger wooden structures, called Sea Huts, are being built for use as a Dining Facility and Tactical Operating Center.

Guard towers, latrines and laundry facilities are also being built.

The construction at FOB Logar will support up to 300 Soldiers.

"The construction is going well. The project is estimated to be completed by mid-summer," said Army Capt. Samuel Escobar, the 585th Eng. Co. commander.

At FOB Logar, the 585th is establishing positive relationships with local nationals, ANA and the ANP.

"The intent is to link up with the Afghan National Army and share responsibilities," Escobar said. Currently the ANA and ANP are aiding the engineers by helping provide security at the FOB. They also ensure the contracts with Afghan civilians run as smoothly as possible."

"It is a great honor to build a FOB from scratch where you can actually employ a full company to conduct horizontal and vertical construction simultaneously, which also requires great emphasis on



Courtesy Photos

Soldiers secure corrugated metal from a crane to use as the roof of the guard tower.

synchronizing the local national contractors, life support, and equipment readiness for such a mission."

Escobar is a Rio Piedras, Puerto Rico native.

The combat engineers of the 585th are setting the pace in Afghanistan.

They have the ability to construct roads

and build FOBs anywhere in Afghanistan. FOB Logar will be able to provide future troops with the facilities needed to accomplish missions. FOB construction, such as Logar, will enable joint and multi-national forces to partner with Afghanistan forces in order to enhance the stability and security of Afghanistan.

New Expeditionary Force Provider Kits installed, readied for use

1st Lt. Kenya Saenz
Task Force Pacemaker PAO

FORWARD OPERATING BASE LOGAR, Afghanistan — The new Expeditionary Force Provider Kit offers Soldiers the basic living facilities needed to fully accomplish their missions. The kit has proven to be mission essential in a combat heavy engineer battalion.

The 585th Engineer Company out of Fort Lewis, Wash., is currently living in the first EFPK used in theater operations here.

The company is using the kit while they construct a permanent forward operating base. Everything in the kit is a new design: new tents, new showers and latrine facilities. The kit, which takes four hours to set up, supports approximately 150 Soldiers, to include seven billeting tents, one dining facility tent, one hygiene

tent, four washers and dryers, and four seated latrines.

The EFPK's maneuverability is relatively simple, making it even more appealing to engineer units that move from location to location constructing facilities for military forces.

"The shower units are the best feature of the Force Provider Kit," said Army Capt. Samuel Escobar, commander of 585th Eng. Co., a native of Rio Piedras, Puerto Rico. "It has allowed us to setup living areas in a timely manner. The force provider kit also comes with the Environmental Control Unit and power generator units that really save us time from resourcing them separately."

Bradley James, from Alamogordo, N.M., is a contractor from the U.S. Army Soldier Systems Center deployed from Massachusetts to specifically aid the engineers with the initial setup, evaluations and recommendations for improve-

ments of the kit. According to James, the Army has approved the contract to augment the kit in order to support 550 Soldiers - the size of an Army battalion.

"I am happy with the design; but we want to make it even better," said James. "The purpose is to support Soldiers and provide them with the basic living arrangements in their deployed circumstances."

Sgt. First Class Clay Wait from Sioux Falls, S.D., is living in a portable EFPK for the first time.

"The kit is great," said Wait. "It has minor bugs, such as the air-conditioning units not being appropriate for the tents. However, Mr. James has noted the deficiencies and has taken them to the [U.S. Army Soldier Systems Center]. It is a great program for the Army to invest in for our Soldiers."

After the 585th Eng. Co. completes its



The Expeditionary Force Provider Kit provides basic billeting facilities for 585th Engineer Company Soldiers at Forward Operating Base Logar.

mission here, the Soldiers will take the kit with them to their new location. The EFPK's practicality has greatly enhanced living conditions for Soldiers allowing focus on their time and efforts on building new facilities for other Servicemembers.



The Expeditionary Force Provider Kit comes with two 32-foot containers facilitating showers, latrine and laundry facilities in one location.



Skillsoft now offers 34 courses modules that have been reviewed by the American Council on Education (ACE) for college credits. Students who are interested in pursuing a degree and would like to receive college credits for these courses must successfully complete the course modules and each of the Course Test Prep Exams (CTPEs) for the Technical Courses or Final Exams for the Business Courses. It is free and can be accessed after logon to the E-Learning website (located in the ACE College Credit courses folder). All CTPEs and Final Exams will be taken in the presence of an approved monitor. These courses are only ACE "recommended". The college or university will have the final decision on whether the course will be accepted for college credit. All you need to do is get an AKO account and register in the education window. If you have any questions please call (787) 707-3888, 3546.

D.A.R.E. program continues to educate children

Felipe Deida
D.A.R.E. Training Officer

It was a great day to remember for the Ramey Boriquen Air Station DDESS' 5th grade class. Approximately 30 students completed a 10 lesson Drug Abuse Resistance Education curriculum.

Through classroom participation and submitting an essay as a final group goal towards graduation from the program, all students received a diploma recognizing their achievements.

Students were taught and joined in on subjects such as Peer Pleasure, Drug Facts, Controlling Anger, Advertisements, Smoke Screens, and discussions on related social factors contributing to drug abuse, violence and causes.

Lessons provided re-enforcement skills learned in previous grades to avoid drugs and violence.

For their efforts, the Ramey 5th grade students were presented with D.A.R.E. momentos and a graduation ceremony to mark their achievement and future success.

From the class, four students were recognized as this year's top essay winners from the D.A.R.E. program. D.A.R.E. is taught at the Ramey Air Base Boriquen and Fort Buchanan students every semester from Kindergarten grades to Graduation.

The winners of the essay contest were —

1. Sarah Wade
2. Alexis Fernandez
3. Alysia Palacios
4. Bryan Cancel



Courtesy Photos



The D.A.R.E. program run by Department of the Army Police Officer Felipe Deida, pictured far left, provides continuing drug awareness education to students in Puerto Rico. Also pictured are the winners of the essay contest (far right). D.A.R.E. is a cooperative program between the Army and the Domestic dependent Elementary and Secondary Schools.

TRICARE helps parents score an A

TRICARE Public Affairs

Yeah, it's that time again. It's time for children to get ready to return to school. Kids don't know it but there's more to getting ready for school than deciding what to wear and where they'll sit for lunch. Immunizations have to be administered. If you're enrolling your child in school this year, here's a TRICARE tip for keeping up with the requirements —

Kindergarten —

- Five doses of pertussis-containing vaccine (DTaP).
- Four doses are acceptable, provided the last dose is given on or after the 4th birthday;
- Four doses of polio vaccine, with three doses acceptable if given on or after the 4th birthday;



File Photo



- Two doses of measles-containing vaccine, two doses of mumps vaccine and two doses of rubella vaccine given on or after the 1st birthday and at least 28 days apart, usually given as MMR vaccine.
- Three doses of hepatitis B vaccine.

- 1 dose of varicella given on or after the 1st birthday OR parent reported history of disease OR lab test showing immunity.

Grades 1 Through 5

- Children enrolled in first through fifth grade in fall 2007 are required to have —
- The age-appropriate series of diphtheria/tetanus/ (DTaP, DTP, pediatric DT or adult Td) and polio vaccines, (3 doses are acceptable if the last dose is given on or after the 4th birthday, and pertussis is not required above kindergarten.)
- If the student is 11 years old and it has been at least five years since the last DTaP, DPT, pediatric DT or adult Td, a dose of Tdap (tetanus, diphtheria and acellular pertussis vaccine) is

required.

- Two doses of measles-containing vaccine, two doses mumps vaccine, two doses rubella vaccine usually given as MMR, and a three dose series of hepatitis B vaccines.
- Varicella is recommended, but not required.

Grade 6

All of the recommendations for grades one through five, plus:

- 1 dose of varicella given on or after the 1st birthday OR parent reported history of disease OR lab test showing immunity
- If the student is 11-12 years old and if it has been at least five years since the last DTaP, DPT, pediatric DT or adult Td, a booster dose of Tdap is required.

Grades 7 through 10

All of the recommendations for grades 1 through 6, except varicella is recommended, not required.

Grades 11 Through 12 (Ages 15-18)

All of the recommendations for grades 7 through 10, except

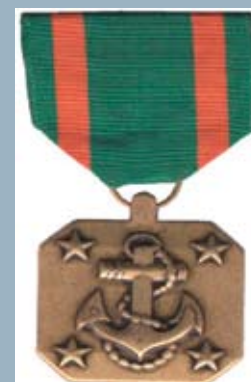
for hepatitis B. Three doses are recommended, not required.

The immunizations listed in this information are TRICARE Covered benefits.

If you would like information on any other TRICARE Clinical Preventative Service please refer the TRICARE Manuals on line at Web site <https://manuals.tricare.osd.mil>.

The meningococcal vaccine also referred to as the MCV4 vaccine, which was not listed in the information above, is also a TRICARE covered benefit. This is the newest requirement for school age children and college students living in dormitories.

Whether you're a parent enrolling your child in school, a student entering college, a health care worker preparing for the upcoming flu season, or an adult who likes to garden or travel, you should be checking to see if your own immunization records are up to date and remember keeping up with your immunization records are your responsibility.



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Two friends survive blast

John J. Kruzel
American Forces Press Service

WASHINGTON — “Martinez! We made it!” Army Sgt. Luis Rivera-Valentin shouted to his fellow soldier Sgt. Luis Martinez upon seeing him in a coalition hospital in Baghdad.

Hours before, on the morning of April 22, Rivera-Valentin and Martinez rode through eastern Baghdad in an RG-31 Nyala mine-protected vehicle. They were clearing roadside bombs insurgents had littered across the landscape.

Around 1 a.m., an explosively-formed penetrator -- a shaped charge designed to penetrate vehicle armor -- exploded into the vehicle.

“The bomb hit right on my side window,” Martinez said. “The shrapnel came right through my eye, destroying the lens and the cornea.”

Hot shrapnel ripped through the vehicle and also hit Rivera-Valentin’s eye, leaving him partially blind too.

“Right now, I don’t have any lens in my left eye,” he said, motioning to an eye patch held fast over his eye socket by an elastic band.

The two National Guard soldiers met after Martinez was promoted to sergeant and transferred into Company A, 130th Engineer Battalion, from Puerto Rico. As they became friends, they realized they had much in common. In fact, one could

say they lives were mirrored.

Each man’s hometown lies a few miles off Autopista Jose de Diego highway near Puerto Rico’s northern coastline, where each lives with his wife and two kids.

They sat next to each other inside the same vehicle when it was rocked by the detonation. Their lives flashed before their eyes at the same exact moment while on the same road in a foreign country.

The soldiers wheeled next to each other on stretchers, and each man reached over his gurney and held his fellow soldier’s hand in the hospital. Matching black oval patches now cover each man’s single injured eye.

And at Walter Reed Medical Center here, where each soldier’s uniform was pinned today with an identical Purple Heart Medal, doctors told each man he has a 50 percent chance of regaining vision in his damaged eye.

But the two friends don’t worry about the surgeries that will take place over the next three months, they say, and their friendship has been reinforced during their mutual recoveries.

“We talk all the time about having faith in God, and that we’re going to fine,” Martinez said. “We talk about it, we cry about. The more you talk about it the better you feel about it, and the more you raise your spirits.”

Rivera-Valentin is equally optimistic. “I feel very well. I give thanks to God



John J. Kruzel

Army Sgts. Luis Martinez and Luis Rivera-Valentin wear the Purple Heart Medals they received July 27, 2007, at Walter Reed Army Medical Center, Washington, D.C., for wounds received in Baghdad in April.

everyday because at least I can see my family,” he said.

The soldier says he’s confident in the medical attention he’s receiving at the Army hospital. “They’re great doctors,” he said. “They say they’re going to do their best.”

Rivera-Valentin and Martinez were two of 14 soldiers who received the Purple Heart Medal at Walter Reed today.

The Purple Heart, awarded to U.S. Servicemembers wounded by an instrument of war in the hands of the enemy, is one of the most recognized and respected military decorations.

Today’s recipients are among the nearly 27,000 servicemembers wounded in Operation Iraqi Freedom and nearly 1,500 wounded in Operation Enduring Freedom.

General urges Soldiers to share stories of service

John J. Kruzel
American Forces Press Service

WASHINGTON — Veterans of wars in Iraq and Afghanistan returning home wounded should share their stories with fellow Americans, a top Army Medical Department officer said here today.

Army Brig. Gen. Michael S. Tucker, deputy commander of North Atlantic Regional Medical Command, and Army Command Sgt. Maj. Jeffery S. Hartless, senior enlisted leader of the Warrior Transition Brigade at Walter Reed Army Medical Center here, presented Purple Heart Medals to 14 wounded Army soldiers at Walter Reed before an audience of nearly 250 family and friends, fellow servicemembers and medical staff.

Today’s recipients are among the nearly 27,000 servicemembers wounded in Operation Iraqi Freedom and nearly 1,500 wounded in Operation Enduring Freedom.

After pinning a Purple Heart to the left side of each soldier’s shirtfront, Tucker told the soldiers they now are part of the nation’s “hero population” and he urged them to share their experiences with Americans.

“As you move on in life and as you have opportunities, America wants to hear your stories,” he said. “You will find that it makes you feel better and that it’s part of your healing.”

Addressing recipients’ families, Tucker expressed his condolences.

“When you enlist a soldier, you enlist a family, and when you wound a soldier, you wound a family,” he said.

“It’s true that some of our lives, especially those here at Walter Reed, have been interrupted by this war,” he said, “but these people’s lives have been inter-

rupted forever.

“To the soldiers, I thank you for answering the call to duty to your nation,” Tucker said.

“Each of you continues to inspire all of us with your enthusiasm and your determination and your commitment to service.”

Army soldiers who received Purple Heart medals were —

- Staff Sgt. Scott Gentry, 31, of Spokane, Wash., assigned to 2nd Battalion, 7th Cavalry, from Fort Bliss, Texas. He was traveling in the lead vehicle of a patrol when an IED exploded.

- Sgt. Andre Marcus Knight, 29, of Petersburg, Va., assigned to 4th Battalion, 1st Infantry Division, from Fort Riley, Kan. His platoon was on a routine clearance mission when a 400-pound bomb planted underneath a sewer line in the road detonated near his vehicle. Two of his fellow soldiers died in the blast.

- Sgt. Christopher Lynch, 21, of Whetland, Calif., assigned to D Company, 5-73rd Cavalry, 3rd Brigade, 82nd Airborne Division out of Fort Bragg, N.C. He was wounded when a suicide bomber struck his vehicle during a patrol in Iraq.

- Sgt. Luis Martinez-Ramirez, 38, of Vega Alta, Puerto Rico, a combat engineer with Puerto Rico’s National Guard assigned to A Company, 130th Engineer Battalion. He was wounded in an explosion during an early morning clearance patrol in Baghdad.

- Sgt. Luis Rivera-Valentin, 30, of Toa Baja, Puerto Rico, a combat engineer with Puerto Rico’s National Guard assigned to A Company, 130th Engineer Battalion. He was wounded in an explosion during an early morning clearance patrol in Baghdad.

- Spc. Terence Cook, 21, of Clarksville,

Md., assigned to 293rd Military Police Company, from Fort Stewart, Ga. He was returning from a patrol when his vehicle was hit by an improvised explosive device.

- Spc. Justin S. Davis, 27, of Baton Rouge, La., assigned to 1st Battalion, 36th Infantry. He was shot while on watch at a schoolhouse in Ramadi, Iraq.

- Spc. Daniel Gomez, 27, of Midway City, Calif., a combat medic with the 82nd Airborne Division, 3rd Platoon, B Company, 1st Battalion, 505th Infantry Regiment, in Salah Ad Din province, Iraq. His rifle platoon was conducting cordon-and-search activities when a fellow soldier was hit by a sniper. After successfully treating his fellow soldier, Gomez was hit by a sniper.

- Spc. Amando Hamid, 20, of New York, N.Y., assigned to 2nd Brigade, 10th Mountain Division, from Fort Drum, N.Y. He was participating in a clearance mission in southwestern Baghdad when a 350-pound bomb exploded.

- Spc. Anthony Labelle, 22, of Worcester, Mass., an Infantry Rifleman assigned to Charlie Troop, 3-4th Cavalry from Schofield Barracks, Hawaii.

- Spc. Joshua K. Lutz, 24, of Palm Harbor, Fla., assigned to a unit from Fort Richardson, Alaska. He was wounded by an IED blast while on patrol in Iraq.

- Spc. Jason Pinney, 24, of Decatur, Ind., assigned to B Company, 1-32nd Infantry Battalion, 10th Mountain Division from Fort Drum, N.Y. He was shot near Afghanistan–Pakistan border in April.

- Pfc. Ian J. Gillis, 20, of Santa Rosa, Calif., was a gunner assigned to 1st Battalion, 4th Infantry, from Hohenfels, Germany. He was wounded in an IED explosion while en route to help fellow soldiers.



DPW, Resource Management say goodbye to retirees



Photos by Joe Bonet

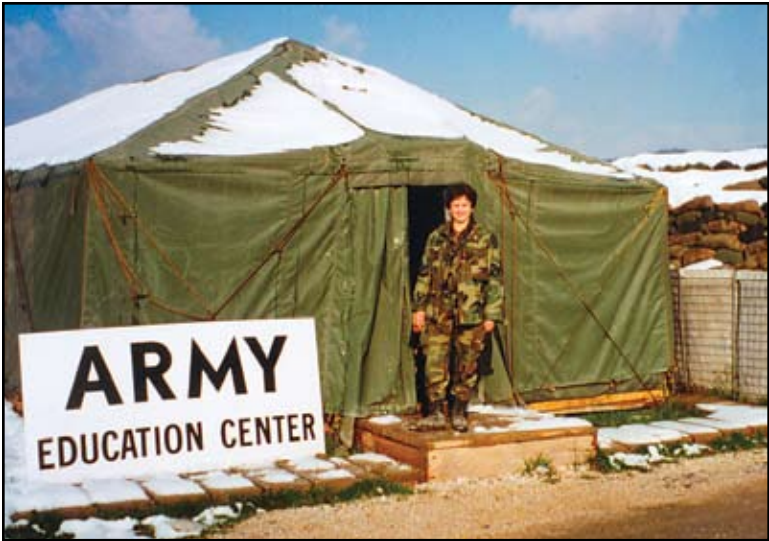
Col. Edwin C. Domingo, commanding officer, Fort Buchanan, presented a Achievement Medal for Army Service to Filiberto Zayas upon his retirement following 30 years of federal service.



Zayas' fellow workers at DPW presented him with a memento reflecting on his service in the department. The plaque was presented by the supervisor of Operations & maintenance Division Ferdinand Torres.



Col. Edwin C. Domingo, commanding officer, Fort Buchanan, presented a Commander's Coin to Zayas in recognition of his service at Fort Buchanan.



Courtesy Photos

Sally Devin spent many of her 25 years of federal service working in Army education. Thousands of Soldiers were able to improve their life and Army career due to her efforts in assisting them with their education. Bevins retired after 25 years of service from her last work station with the Resource Management Directorate of Fort Buchanan. Above, Bevins stands in front of her "office" at a forward deployment base in Bosnia.



Women _____ **From Page 7**
rect object the establishment of an absolute tyranny over her. To prove this, let facts be submitted to a candid world." " Elizabeth Cady Stanton's draft continued: "Now, in view of this entire disenfranchisement of one-half the people of this country, their social and religious degradation, -- in view of the unjust laws above mentioned, and because women do feel themselves aggrieved, oppressed, and fraudulently deprived of their most sacred rights, we insist that they have immediate admission to all the rights and privileges which belong to them as citizens of these United States." The Declaration of Sentiments ended on a note of complete realism: "In entering upon the great work before us, we anticipate no small amount of misconception, misrepresentation, and ridicule; but we shall use every instrumentality within our power to effect our object. We shall employ agents, circulate tracts, petition the State and national Legislatures, and endeavor to enlist the pulpit and the press in our behalf. We hope this Convention will be followed by a series of Conventions, embracing every part of the country."

Army

Camacho said, "Once I start talking to a person who seems to be interested in the Army and we build some trust, I ask my question, 'what are you going to do in the future?' that is how I begin my conversation."

Once he establishes that rapport, he lets his experience and Army benefits do the convincing.

He said, "I do not see myself as recruiting them, I am simply telling them about what the Army has to offer, I let the persons recruit themselves."

Being the team player that he is, this Soldier communicates and works with Army Recruiters almost daily to ensure that all doubts and questions are answered for the potential recruit, and that accurate information flows between the candidate and the Army.

He describes his functions as being much like the individual's

agent vis-à-vis the Army, making introductions, facilitating communication, or just getting information back to the would-be Soldier and his family.

"That is the key to all this, trust and communication, if you have that the person and his family will be open to what the Army has to offer," Camacho said. According to the sergeant, giving the correct information to the potential Soldier and his family is critical. Honesty and credibility is the key.

"I feel personally responsible for this future Soldier once they express their interest in joining, so I make myself available to them and their families," Camacho said.

He added, "I have had these candidates over to my house, I have gone to their homes, I know their family, their brothers, sisters, wives, moms, dads... these are my Soldiers already."

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He is in weekly contact with his referrals, even the two who are in Basic Training, and plans to be at the airport with their families when they return home.

It is that dedication and commitment to taking care of soldiers, even before these candidates are Soldiers, that has allowed this Iraqi War Veteran with only five years of service to lead the Army Reserve in referrals. Of his more than 39 referrals, 10 have already signed contracts with the Army; of those two will graduate from

Basic Training next month.

An additional two will be starting the pipeline, with one going to the Defense Language Institute English Language Center at Lackland Air Force Base, Texas, and another is starting Basic Training in a few weeks.

His first referral was his next door neighbor. Camacho said that one day the young man came over to him and asked how he could join the Army. He spoke with him for a while and then decided to also speak with the young man's family. When all was said and done, not only did he refer this individual but his brother as well. Both of them will be graduating from Basic Training later this month.

Since then, a third brother, Ricardo Santiago, has approached Camacho to join; he will be shipping out to Basic Training in two weeks.

"I had always liked the Army

as a child but did not know much about it, but when Sgt. Camacho came to our house and talked about his experience it really gave me the push I needed to want to join," Santiago said.

"The more we talk to people about our positive experiences and what the Army has to offer in terms of benefits and opportunities to excel, the more people will be knocking on the doors of recruiters," the sergeant said.

Sgt. Javier Camacho is going about building the Army Reserve in his community in Puerto Rico, and he is doing it one Soldier at a time, precisely by taking the time to stop, listen, and mentor the people he encounters everyday.

If we want a bigger better stronger Army with dedicated Soldiers, then maybe we should take the example of this outstanding Soldier and begin to build relationships of trust.

From Page 1

Garita

From Page 11



Spc. Jennifer L. Sierra

Col. Gregg E. Gross, chief of the distribution management center, 13th Sustainment Command (Expeditionary), address the audience during the 969th Quartermaster Detachment combat patch ceremony.

Day-Moore said that under the Army's new re-organization, the 65th RRC is being deactivated, so the 969th is among the few that will keep the Garita patch alive.

"The loyalty these Soldiers have toward their patch is greater than possibly any other Reserve Soldier... In some way it is that culture's identity," Day-Moore said.

"I am blessed for being part of a select few who will keep the Garita alive after the 65th deactivates," Barreto-Nieves said. "Puerto Rican Soldiers are known to be among the best. I'm proud to be one of them and to be a part of the legacy and honor which I feel when I wear the Garita RRC patch as a combat patch."

These eleven Soldiers are "PRIMEROS" which their service is with pride and distinction. A heritage that we are proud of and more than ever as we are awarded Six Bronze Star Medals, Three Meritorious Service Medal and Two Army Commendation Medals with an Army Achievement Medal. Bronze Star recipients are Lt. Col. Patricia Day-Moore, Maj. Miguel Maldonado, Sgt. Maj. Ismael Pagan, Sgt. 1st Class Rafael Natal, Sgt. 1st Class Jose Colon-Santiago and Staff Sgt. Benjamin Martell. Recipient for Meritorious Service Medal are Maj. Steven Gonzalez, Capt. Gabriel Rondon and Staff Sgt. Luis Cotte who also received the Combat Action Badge. Army Commendation Medal was awarded to Staff Sgt. Juan Rivera and Sgt. Luis K. Barreto-Nieves which also the last one receive an Army Achievement Medal.

"I feel privileged to be one of the Bronze Star recipients which is one of the highest award that many soldiers had always dream to receive, these Bronze Star make me STRONG and it give a motive to go forward my future in the Army," said SFC Jose R. Colon-Santiago, Team Chief and Petroleum NCO from 969th Quartermaster Detachment. All Soldiers received also the 65th Regional Readiness Command General Coins for excellence by Col. Miguel Isaac on behalf of General Elmo, who came to the ceremony from Camp Liberty in Baghdad where he's stationed.

Safety

kept or simply assigning him to a different job.

Supervisors in the control group didn't receive any of this training during phase one of the study. Their training didn't begin until the start of phase two, seven months later. As part of phase one, ergonomics-based design changes were made throughout the plant to the work space of workers in both the intervention and control groups. So the design changes affected the injury claim patterns of both groups.

The researchers looked at workers' compensation data - including the number of new and existing claims, injury types and total indemnity costs - to

evaluate the effectiveness of the supervisor training in reducing worker injuries. They made separate evaluations at the end of each phase.

Phase One: At the end of phase one, there was a 47% reduction in the number of new workers' compensation claims filed by workers supervised by the supervisors in the intervention group, and an 18% reduction in active lost-time claims. There was also a reduction in claims filed by workers supervised by supervisors in the control group, but it wasn't as dramatic. Among control group supervised workers, there was a 19% reduction in new claims and a 7% reduction in active lost-time claims during the same time. These improvements might have been attributable to the ergonomic design changes the plant made.

Phase Two: Lasted seven months. The supervisors in the control group received the same early intervention training provided to the intervention group supervisors during phase one. Results: There was a further 19% reduction in new claims filed by workers supervised by

the control group supervisors - for a total reduction of 38%.

Equally significant, there were continued reductions in the number of claims for the intervention group supervisors in phase two, demonstrating that the positive effects of early supervisor intervention are sustainable. Both groups showed continued reductions in the number of workers' compensation claims for the seven months following the end of phase two.

What do the results of this study mean for you? Training supervisors to be more responsive to workers' health concerns made a "sizable improvement" in the workplace, says Shaw.

The study suggests that improving communication between supervisors and workers about ergonomic injuries and other work-related health concerns can reduce a company's workers' compensation costs and lost time, which translates into increased productivity. After supervisors get training on responding to workers' health concerns, supervisors' new willingness may prevent symptoms from escalating to disability levels requiring medical treatment.

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\$2,000 REFERRAL BONUS

— Soldiers, Future Soldiers, or Retirees can make the referral through the ARS-SMART website:

<https://www.usarec.army.mil/smart/> or through the US Army Recruiting Command toll free line

1-800-223-3735 extension 6-0473. — Person making referral will be required to set up a user account via AKO prior to making referral.

For further assistance, contact your nearest Army Recruiter or call: (787) 781-6100/7042 or (787) 882-0765/0766



ARMY STRONG.

Injury

tools and measures already in place, and emphasize the Army's commitment to providing the best health care possible. Senior Army leaders also hope to diminish the stigma attached to mental health treatment and counseling.

"We have more than 144,000 Soldiers in combat today," said Secretary of the Army Pete Geren. "And more than 750,000 have deployed to and from the combat zones in Central Command. Our Nation and our Army owe these Soldiers and their Families nothing less than our total support. The Army is committed to ensuring all returning Soldiers receive the behavioral health care they need and de-

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serve. True to our ethos, we will never leave a fallen comrade."

Information regarding the chain teaching program and other behavioral health programs is located at <http://www.behavioralhealth.army.mil>.

The Army Medical Department's site provides resources and mental well-being information for Soldiers and their family members.



Caribbean Scoop!

a taste of events to come...



SPORTS & FITNESS CENTER

Volleyball League

Registration Deadline: 17 Aug by COB at Sports & fitness Center
Coaches Meeting: 21 Aug at 3 pm at El Caney Lodge Conference Center
League Starts: 28 Aug • 6:45 - 10 pm at Sports & Fitness Center
Fees: Military and Family - Free; DoD ID & Federal - \$300; ID Sponsored - \$400.
For more information and to register call Sports & Fitness Center at 787-707-3277/3767.



Pasta Day

Thu, 23 August • 9 am at the Sports & Fitness Center. Prepare your favorite pasta recipe and bring it over! Taste, learn, share and compare your pasta knowledge with the other participants. For more information and to register call Sports & Fitness Center at 787-707-3767.

5.2 miles Perimeter Road Challenge

Saturday, 25 August • 5 pm at the Sports and Fitness Center. Awards for the Top 3 per category. Categories, Male: 15 - 18, 19 - 26, 27 - 35, 36 - 45, 46 - 54, 55+; Female: 15 - 24, 25 - 34, 35 - 44, 45 - 54, 55+. Fees: Military & Family - Free, DoD ID & Federal: \$5, Others: \$8, Late fee +\$5 (same day of event.) For more information call 787-07-3277/3767.

Basic Self-Defense Class

Thu, 31 August • 5:30 pm at Sports & Fitness Center. Learn Basic self-defense moves with an exercise twist. Dress to exercise. For more information and to register call Sports & Fitness Center at 787-707-3767.



COMMUNITY CLUB & CONFERENCE CENTER

Lunch Buffet at the Caparra

Tue - Fri • 11 am - 1 pm • \$6.25 per person

Catering Services

Tue - Fri • 8 am - 3 pm. Saturdays by appointment only. Call 787-707-3535, x - 201 for details.

Bingo Nights

Tue & Thu • 6 pm (cards sold at 5:30 pm)

Bingo Buffet • 4:30 - 6:30 • \$5 per person

Thursday Karaoke Nights

at The Zone Free Admission • Starting at 4 pm. Zone menu • 5 - 8:30 pm • Serving the best sandwiches in town!

MWR LIBRARY

Computer Orientations @ the Library

The purpose is to assist customers in accessing public computers and reference resources, the library will be offering computer orientations on different subjects.

Pre-School Story Time

The Fort Buchanan Post Library offers a preschool story hour along with a craft. August story time will be held at 3 pm on the 8th with the theme "Cows and Puppets", and on the 22nd with the theme "Caterpillars". For details visit or call the Library at 787-707-3208.

AUTOMOTIVE SKILLS CENTER

Thursdays Half-Price Specials

From 1 - 6 pm only!

Autolift Usage	2 AUG
Diagnostic Test	9 AUG
Alignment	16 AUG
Autolift Usage	23 AUG
Autolift Usage	30 AUG

For more info. call: 787-707-3972.

SPECIAL EVENTS

Flea Market

Saturday, 11 August • 8 am - 2 pm at PX Parking. Spaces \$10 only! For more information and to reserve call MWR Special Events at 787-707-3778.

CHILD & YOUTH SERVICES

YS Basketball Season Registration

1 through 31 August. Open to children ages 4 - 18 years old COED. CYS Central Registration Office, Bldg. 1020, Buchanan Heights, 7:30 am - 5:30 pm. Needed for registration: Birth Certificate and Current Physical. Fees: \$50 Active Duty/DoD Civilian, \$60 others (CYS Annual Fee \$18) Season Starts 8 September. This basketball season is sponsored by: Rexville Products and Powerade. COACHES NEEDED! Call 787-707-3466/3498 for registration.

Swimming Classes for Toddlers and Preschoolers.

Groups of children 2 - 5 years old and 6 - 10 years old. Days and times arranged by age group. 5 children per session/per instructor. 8 classes: \$35 per child. (and \$18 CYS central registration fee.) Please call CYS Central Registration Office at 787-707-3787.

Tae Kwon Do

Martial Arts for youth is an exciting way to keep your children enthusiastic with all aspects of life. Classes are held every Monday, Wednesday & Thursday at Bldg. 1020-C, Buchanan heights from 3:30 - 4:30 pm for ages 5 - 10 and 4:30 - 5:30 pm for ages 11 - 18. Monthly fee: \$50 per child. Child must be registered at CYS in order to participate. The cost of CYS program registration is \$18 per year. For more information call 787-707-3787.



BOWLING CENTER

\$6 Daily Lunch Specials • Starts 11 am

Local cuisine favorites, includes rice and beans, entree of the day and one soda. Call 787-707-BOWL/2695 for more info.



Caribbean Scoop!

Fort Buchanan, Puerto Rico • AUGUST 2007

15TH
ANNIVERSARY
TOURNAMENT



Friday, 24 Aug '07
6 - 10:30 pm

Tournament Format:
9 Pin No Tap
Open to Adult Bowlers

Fee: \$20

- **Cash Prizes**
- **Raffles**
- **Finger Food**

Sponsored by:

- **EXCHANGE**
NEW CAR SALES
- **MILLER LITE**
- **PAN PEPIN**
- **PEPSI**
- **BALLESTER HNOS.**

Highlights:

- Upcoming! Volleyball League
- 5.2 Perimeter Road Challenge
- Basic Self-Defense Class
- Story Time at the MWR Library
- Flea Market
- YS Basketball Season Registration
- YS Tae Kwon Do Classes
- Karaoke Night at The Zone

Look for more information about these and all MWR events at our feature guide: *MWR Caribbean*. Available Now! at various points of distribution throughout the garrison.

The U.S. Army does not officially endorse sponsors. Do not drink & drive.

\\\\\\\\ For more information call: 787-707-BOWL/3272 \\\\\\\

WHAT'S ON THE MWR DRAWING BOARD?

MWR funds are used to safeguard good quality of life for our Soldiers and their Family members.

MWR's next project executions in Fort Buchanan are...

Golf Course Complex \$724k Project

will extend the existing Snack Bar to accommodate additional storage and walk in freezer. Project will also expand both restrooms to allow for additional lockers and a new office area will be built. Office will be between the current Pro Shop and the existing restrooms. Once work is complete, the two temporary trailers behind the main structures will be removed.

McArthur Field \$766k Project

will begin in August 2007. Project includes regulation size Little League Baseball Field, Snack Bar Concession building, bathrooms with handicap accommodations, new dug outs, bleachers and scoreboard.

Community Club & Conference Center \$521k Project

will begin soon. Project includes complete renovation of eight restrooms in the club.

